

Rumor Mills

There are productive mills out there - for flour and lumber. But rumor mills and gossip only produce stress and damage credibility as well as reputations. To avoid this unproductive activity, try:

- ✓ *Walking away.* When office conversation shifts from work to gossip, just leave.
- ✓ *Saying 'no thank you.'* Let it be known you're simply not interested.
- ✓ *Being consistent.* Even if gossip is about someone you don't care for, stand your ground - because it won't stop there.

If you added up all the 5-10 minutes here and there spent on rumors and gossip, after a month it would equal going on a nice outing with your family or reading a book. Which is a better use of time? Which would bring more balance and less stress to your life?

